

KINDRED SPIRITS SOCIAL CLUB



March, 2015

It is with a heavy heart that we share news of one of our long time participants, Bea. Bea peacefully passed away on February 23, 2015, surrounded by her family. We were honored to have known her and blessed to be a part of her life. We will miss her beautiful smile and gentle spirit.

—Judy and Andrea

Birthday and Well Wishes:

Happy Birthday to Bill, Betty and Gerry.

Well wishes to Dick and John for a speedy recovery.

News & Notes:

If you can't attend for any reason, please leave a message on 410-313-5441 or email jumiller@howardcountymd.gov, or abryant@howardcountymd.gov

Resource Information

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 for more information.

HOURS 9 AM - 1 PM

**Monday, Wednesday,
and Friday**

IMPORTANT NUMBERS

Judy Miller

(410) 313-5441

Chris at Front Desk

(410) 313-5440

HT Ride

1-800-270-9553

Maryland Access Point

(410) 313-5980

Alzheimer's Association

(410) 561-9099

Caregiver Corner

Caregiver Mini-Conference:

When: Saturday, April 11, 2015

Where: Bykota Senior Center, 611 Central Ave., Towson, MD 21204

Time: 8:30 am to 12:30 pm

Cost: Free admission and parking

Information: 410-887-4724

Inclement Weather Policy: When Howard County Public Schools are closed or delayed 2 hours, Kindred Spirits is cancelled. When the public schools have a scheduled day off, please tune into WBAL or contact the center at 410-313-5441 to hear a recorded message regarding center operations.

MARCH, 2015

Monday	Wednesday	Friday
2 Coffee & Conversation Exercise with Sara Sing A Long with Debbie Lunch	4 Coffee & Conversation History of Cherry Blossoms Exercise Lunch	6 Coffee & Conversation Gentle Yoga Pet Rock Lunch
9 Coffee & Conversation Exercise with Sara History of Broadway Lunch	11 Coffee & Conversation Exercise with Susan Dr. Dan Lunch	13 Coffee & Conversation Gentle Yoga Computer Games Lunch
16 Coffee & Conversation Exercise with Sara St. Patrick's Day Activity Lunch	18 Coffee & Conversation Civil War Series Exercise with Susan Lunch	20 Coffee & Conversation Waffle Bar Gentle Yoga Two for the Show Lunch
23 Coffee & Conversation Exercise with Sara Garden Club Lunch	25 Coffee & Conversation QiGong Support Group Lunch	27 Coffee & Conversation Gentle Yoga Drumming with Scott Lunch
30 Coffee & Conversation Exercise with Sara Kazoo with Bill Lunch		

If you need this publication in an alternate format, call (410) 313-5442 or (5441). To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.